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THE  
CVRES OF

the Diseased, in remote  
Regions.

PREVENTING MORTALI-  
tie, incident in Forraigne Attempts,  
of the English Nation.

*La honra mas vale,  
merecerla que tenerla.*



*Watson (G.)*  
*R*

*At London*  
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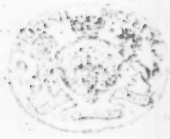
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TO THE QUEENES  
MOST EXCELLENT  
MAIESTIE.

**S**Acresd Soueraigne,  
in my iniust impri-  
sonment in Spayne,  
it pleased God to af-  
flict me with the Ta-  
bardilla Pestilence : whereof being  
in cure , by an especiall Phisition of  
that King , I obserued his methode  
for the same, and such other Disea-  
ses, as haue perished your Maie-  
sties people in the Southerne parts.  
Which Remedies haue since, by my  
direction, taken the like good effects.

## The Epistle.

*And of perfect zeale to your Ma-  
iesties service, and Countries weale,  
If therewith acquaint your Highnes  
subiects. Inuocating God to preserve  
your Maiestie, enable them in  
your seruices, protect your King-  
doms, and suppress your  
Enemies.*

*Your Maiesties*

*loyall Subiect*

**George Watson.**

*The Writers intent.*

**M**An that is borne, not for himselfe is borne,  
But for his Prince, his Countrie, and his friends.  
To helpe the sicke, distressed, and forlorne,  
Are workes of mercie, men to men extends,  
Who hath the power, and meanes, and will not cherish,  
Shall with the hider of his T allent perish.

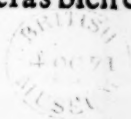
Transgression first did sinne in man beget,  
Siring, sicknes, death, and mischiefes many more:  
For as mens mindes on wickednes were set,  
So plagues increast, which were not knowne before.  
But God, whose mercie, iustice doth exceed,  
Sends helps for hurts, and salues for sores at need.

The

## The Bookes Content.

*The burning Feuer, calde the Calenture,  
The aking Tabardilla pestilent,  
Th'Espinlas prickings, which men do endure,  
Cameras de Sangre, Fluxes violent,  
Th'Erizipila, swelling the Patient,  
The Tiñoso, which we the Scuruey call,  
Are truly here describ'd, and cured all.*

Si Dios no es adorado,  
nunca seras bien curado.





# The Cures of the Diseased, in remote Regions.

## THE CALENTURE.

**T**He *Calenture* (or burning Feuer) called by the *Spaniards*, *La Calentura*, is the most vsuall Disease, happening to our Nation in intemperate Climats, by inflammation of blood, and often proceeding of immoderate drinking of wine, and eating of pleasant Fruits, which are such nourishers thereof, as they preuent the conuenient meanes, that are vsed in curing the same.

B

To

## *The Cures of the Diseased,*

### To know the *Calenture*.

**T**He *Calenture* at the first apprehension afflicts the Patient with great paine in the head, and heate in the bodie; which is continuall or increasing, and doth not diminish and augment as other Feuers doo: and is an introduction to the *Tabardilla*, or Pestilence; whereof next is intreated: but then the bodie will seeme very yellow.

### To cure the *Calenture*.

**S**O soone as the Patient is perceiued to be possesst of the *Calenture*; except the Chirurgion defer it for danger of the Signe (I haue seene the time of the day not respected) to open the *Median-veine* of the right arme, and take such quantitie of blood, as agreeth to the abilitie of the bodie, which not asswaging the heate, by the next day; to open the same  
Veine



*in remote Regions ad P*

Veine in the left arme, and take so much more blood at his like discretion. And the bodie being Costiue (for so commonly the Patients are) to giue him some meete Purgation; and not to permit him to drinke other then water cooledge, wherein Barley & Anniseedes haue been sodden with brused Licorice. And if within foure daies the partie doo not amend, or being recouered doo take it againe; then open the *Sephalica-veine*, in one or both hands, bathing them in warme water, vntill there comes so much more blood as cause requires. And not to suffer the Pacient to drinke, seuen dayes after he is perfecte lie recouered, any other drinke, then such water as herein is directed.

THE TABARDILLA.



He Disease called by the *Spaniards, La Tabardilla*, and by the *Mexicans, Cocalista*, is named by other *Indians, Taberdet*: and is so ex-

## *The Cures of the Diseased,*

ceeding Pestilent and infectious, as by the same, whole Kingdomes in both the *Indias* haue been depopulated: which seemeth to insue of the ignorance of the sauage people, to minister redresse to themselves. For the *Spaniards* and *Portugals* there inhabiting, and in their native Countries, where it is also contagious, before they had this knowledge, did abundantlie die thereof. But now by applying the meanes here described, they are recouered of the same.

### To know the *Tabardilla*.

**T**He *Tabardilla* first assaults the Patient very vehemētly, with pain in the head and backe: and the bodie seeming yellow, is some signe thereof, and within 24. howres it is so torturous, that he that is possesst therof, cannot sleep or rest, turning himselfe on either side, backe and bellie; burning in his backe most extreamely. And when it growes to perfection,

*in remote Regions.*

fection, there will appeare red and blew spots vpon the Pacients brest and wrists. And such persons as haue not presently applyed vnto them, meanes requisite to preuent it, will be by the incomparable torment thereof, depriued of their wits. And multitudes haue desparingly flaine and drowned themselues, that by losse of their liues, they might finish their terrestrial paine.

To cure the *Tabardilla*.

WHen the *Tabardilla* is perceiued to afflict the Pacient, permit him not to lie very warme, nor vpon Feathers (for of what qualitie soeuer he is in *Spayne*, hauing this sicknes, he is layd vpon Wheate straw:) Then immediatly open the *Median veine*, first in one arme, and the next day in the other, taking a good quantitie of blood: And let him haue water colde, wherein Barley and Anniseedes haue been sodden, without

## *The Cures of the Diseased,*

Licorice (for I haue heard the opinion of good Phisitions of *Spayne*, that Licorice is hurtfull vnto them) so much as he will desire, which will be euery moment: but no other drinke, nor any raw fruits: and so soone as the spots appeare, giue him some Cordiall potion: and laying him vpon his bellie, set fixe *Ventoses* together in his backe, betweene and beneath the shoulders. And scarifying them, draw out (if it bee a bodie of strong constitution) 18. ounces of blood. After which, and that he hath slept, he will feele ease within 24. houres, and finde such alteration in himselfe, as he will thinke that he is deliuered of a most strange torment. Then giuing him nourishing meats moderately (for he will desire to eate much) the fourth day giue him some cōuenient Purgation. And if in the meane while he is Costiue, prouoke him euery day by Clusters: and admonish him to forbear fifteene daies all other drinke, then that is ordained. And to bee carefull of his diet:

dict. for if this *Tabardilla*, which we call here in *England*, Gods Tokens, come againe vnto the Patient, he can hardly escape it. And it is no lesse infectious, then the vsuall English Plague.

THE *ESPINLAS*.

**T**He *Espinlas* is a very strange sicknes, and vsuall in those parts, to such as take cold in their breasts, after great heat or trauell. And most times it comes to those that lye with their breasts vpon the ground (especially) in the night.

To know the *Espinlas*.

**T**He partie hauing the *Espinlas*, will be giddie in the head, and haue pain and pricking at his breast, as with many thornes: wherefore I thinke it is so called of *Spina* and *Espina*, the Latine and Spanish words for a Thorne. And there will

### *The Cures of the Diseased,*

will be vpon *Hueso radio*, or *Focell*, being the vpper bone of his arme, a hand breadth about the wrist, a little kernell, by which it is certainly knowne. And he that hath this Disease, will not haue appetite to meate or drinke; nor cannot digest meate, although he bee procured to take it.

### To cure the *Espinlas*.

**T**He *Espinlas*, appearing by the former signes: Take Oliue oyle presently, and therewith chafe the kernell vpon the Patients arme, vsing so to doe twise euery day, vntill it bee dissolued: and laying Oyle likewise vpon his breast, stroke it vpwarde somewhat hard with the hand: then spread fine Flaxe vpon it and the kernell, making it fast with a rowler: and within two or three dayes, the diseased thereof will be recovered. Whereas els it is very dangerous to deprive them of life.

*in remote Regions.*

*LAS CAMERAS, OR*  
*Cameras de Sangre.*



**H**AT is Laxatiuenes, or  
Bloodie Fluxe, which in  
those parts proceedes of  
diuers causes. As by ea-  
ting of Grapes, Orringes,  
Limonds, Mellons, Plantans, and especial-  
ly a great Fruit that growes in the *VVest*  
*India*, called *Pina*, like a Pine-apple, but  
bigger then foure of the greatest that I  
haue seene; which the *Spaniards* doe re-  
pute to be the most delicate Fruit that is  
there, and many other Fruites. Also by  
sudden colde, or sitting (being very hot)  
vpon a colde stone, or, being hot, by  
drinking Water abundantly. And also  
eating of Butter, Oyle, and Fish, is so hurt-  
full to the parties that haue it, that they  
must refraine to eate thereof: and what-  
souer els, that defiles the entrailes, with  
any slimie substance.

C

To

*The Cures of the Diseased,*

To cure *Las Camaras*, or *Cameras de Sangre*, which is the  
*Bloodie Flux*.

**V**ith the more expedition, that medicine is ministred to the diseased of *Cameras de Sangre*, *Laxatiuues*, or *Bloodie Flux*, there is the more possibilitie it should preuaile. And detracting it, the Patients often die suddenly, without feeling much grieve. For speedie and assured remedie thereof, the Patients bodie must bee clenfed of the slimines, engendered in the passages of the nutriments, before anie sustinance can remaine in his bodie. And for that purpose, giue to purge him in the morning, halfe a pint of white Wine coold, wherein ʒ. ounce of Rubarb hath been sodden, being small cut; putting in some Suger Candie to sweeten it. And immediatly after he hath so purged, keepe at his nauell *Rosemarie* sodden in strong Vineger, applied



plied in the morning and euening verie hot, vntill it be stayed: giuing him often Quinces brused and rowled in Marmel-let like Pils, which hee should swallowe whole, and none of the Fruits, or meates before recited, nor any more white wine, but red wine of any sort. And if it be on Land, the liuers of Goates (especiallie) Sheepe, or Bullocks roasted: not willingly permitting the Pacient to eate any o-ther meate. And if at Sea, Rice only sod- den in water, rather then any thing else vsuall there, vntill the infirmitie is per- fectly asswaged.

THE ERIZIPILA.



He *Erizipila* is a Disease very much raigning in those Countries, the rather proceeding of the vnwholesome aires and va- pours, that hot Climates doo yeelde, whereof many people doo perish. And

*The Cures of the Diseased,*  
it is found incurable, except it be prevented by Medicines, presently ministred to the Patients vexed therewith.

To know the *Erizipila*.

**H**E that hath the *Erizipila*, will bee swolne in the face, or some part of him, and it will be of yellow colour mixt with red. And when it is thrust with the finger, there will remaine a signe or dint of the same: and then by degrees it will fill againe to the former proportion. And it speedily infecteth the inwarde parts, because such swellings comes sooner to perfection in hot places, then in temperate Countries. And therefore the diseased thereof, must bee immediatlie provided of remedie.

To cure the *Erizipila*.

**S**ome sauage people haue first found perfectly to cure this *Erizipila*, although

*be in remote Regions.*

though it is the *Spanish* name of the *Maladie*; by brusing so much *Tobaco*, as will yeeld foure spoonfuls of iuyce, and to drinke it presently after they are infected therewith. And to launce the places swolne; thereunto putting *Casada* wet, and made in paste. Continuing in colde places and shadie, neere Riuers: and not to trauell or labour, vntill they are recovered. But the *Spanyards* in *Jndia*, recover themselues by taking the same iuyce of *Tobaco*, and setting so many *Ventoses* vpon the swolne places, as they can containe, scarrifying them, and drawing out the corrupted Humour so congealed. And doing the like in two or three other parts of the bodie, where the Disease doth not appeare.

*The iuice of Tobacco, is very excellent to expell Poyson, and is the ordinarie remedie vsed by the Indians, and many other sauage people, when they are poysoned, and bit with Scorpions, or other venemous creatures. But*

## The Cures of the Diseased

they presently make some kinde of incision, where they are bit or stung, and wash it with the iuyce of Tobacco: then applying the same brused thereunto, two or three dayes, they heale it up with dried Tobacco.

### THE TIÑOSO.

**T**He *Tiñoso*, or *Sceruey* is an infecting Disease, sufficientlie knowne vnto Seafaring men: who by putrified meates, and corrupted drinckes, eating Bisket flowrie, or foule crusted, wearing wet apparell (especially sleeping in it) and slothfull demeanour, or by grosse humours contained in their bodies, obtaine the same.

### To know the *Scuruey*.

**A**lthough most Chirurgions, and chiefly those that frequent the Sea, doo vnderstand how to discerne when their Patients haue the *Scuruey*; because  
it

it is so ordinary at Sea, as it hath been seldome seene, any Ship or Pinnice, to bee foure moneths vpon any Voyage, to any part of the world, not arriuing where they haue been supplied and relieued with the benefits of the Land: but some of the Companie haue had this Disease. Yet it is not impertinent here to insert the signes thereof: the rather, because I haue known some so destitute of knowledge, to discerne and cure the same, as the losse of men lost thereby, hath diuerted determined purposes to proceed on Voyages: and others to perish, when they returned out of hot Regions into cold Climates, where they haue had the lineaments of their bodies, that with heate are nimble and tractable to euerie motion of the spirits, dulled and benumbed with colde: which is a token that this disease is engendring in their ioints: and soonest appears by swelling of their ankles and knees, and blacknes of their gummes, or loosenes of their teeth,  
which

## *The Cures of the Diseased*

which will sometimes come forth, when there is not redresse ministred in season.

### Preseruatiues against *the Scuruey.*

**T**O preferue men from the *Scuruie*, there must be care to prepare those things before rehearsed, well conditioned: the badnes whereof doth partlie breede the inconuenience. And men themselues must haue a discreet endeavour to auoid their owne ruine, by vsing exercise of their bodies. And such as are exempted from being commanded to doo labour, to hang by the armes twise or thrice euery day. And not to haue scarcitie of drinke in hot Climates: and comming into the cold, to be daily relieved with *Aqua vita*, or wine. Also it is a certaine and assured medicine against this Disease, to haue such quantitie of Beere brewed with Graynes and Long pepper, as in the morning twise euerie weeke

*in remote Regions.*

week there may be giue a good draught to a man, proportioning three quarters of a pound of Graines, and three quarters of a pound of Pepper to a hoghead of Beere. But white Wine or Syder, boyled and brewed with Graynes and Long pepper, in like quantitie, is very singular good. And it is not fit to suffer the gums to abound with flesh: and therefore sometimes let them bleede, and cleere them with strong Vineger.

*To cure the Scuruey.*

**T**He partie that hath the *Scuruey* settled in his mouth, must haue the corrupted and black flesh takē away, washing his mouth with strong Vineger, wherein Graines and Long pepper haue been infused and brewed: and giue him the drinke daily that is before prescribed. And aswell such as haue it in their mōuthes, as those that are swolne in their limmes, must haue some meete Purgation

## *The Cures of the Disease 1,*

tion presently. But those so swolne or stiffe (for so some will bee without swelling) to scarifie the parts infected, and to applie thereunto a *Pultis* or *Cataplasme* of Barley meale, more hot then the Patient will willingly suffer it. So doing euerie morning, permit him not to rest two houres after, although hee being nummed or faint, be supported to walke: and not to suffer him to eate any salt meates, if other may be had.

*My selfe hauing 80. men, 800. leagues forth of England, sicke of the Scuruey, I caused this meanes of scarifying to be used, and to the places scarified, Pulteses (being destitute of the helpes mentioned) to bee applied of Bisket, beaten in a mortar, and sodden in water: which with the comfort of some fresh meates (obtained) recovered them all, except one person, and they arriued in England perfectly sound.*

Con-



## Conclusion.

**L**Et no man boast of beautie, strength, or youth :  
For like to flowres we bud, we spread, we fade:  
Nothing is certaine, but the certaine truth,  
To day a man, to morrow but a shade.  
His last apparell, cut out with a spade,  
Of Natures courtest stuffe (I meane) her molde,  
Must throwd the corps, that liuing shone in golde.

*Quando tengas, mas fortuna,  
mira que es, como la Luna.*

D 2

To



## To the Reader.



*THE cause that induceth mee, publiqueslie to expresse the Cures of Diseases of such consequence, as euery iudiciall conceite may perceiue, to haue been the onely preiudice to our Nation, in the expeditions of our time to the Southerne parts: from whence in this and former ages, the English haue returned with renowned Victorie; yet exceedingly oppressed with extreame and penurious sicknesse, that hath much more preuented the proceeding and performing of their pretentions, than the power of Enemies: is not that I purpose, practitioner-like in Physick or Chirurgie, to assume vnto me any knowledge in those Sciences and Faculties: but to possesse all men*

*of*

## To the Reader.

of remedie for such infirmities, as in my  
owne experience, haue infinitelie impaired  
English Forces in intemperate Clymates.

Which I publish, for the good of those,

Whom cause may compell to haue

vse thereof, and would

be so censured

of all.

( )



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